

## **Fitness for Paddlesports**

### **Time / Audience**

This 3-hour module is aimed at Paddlesport Instructors and Coaches.

### **Introduction**

This module is designed to introduce competition and recreational coaches to the key concepts of fitness – training, nutrition and physiology. It is intended as a standalone module and paddlers and coaches with no prior knowledge of sports science should be able to attend and access all the delivered material.

### **Learning Outcomes**

By the end of this workshop, participants should be able to:

- Provide the details of a normal balanced diet;
- Explain the links between diet and performance;
- Discuss conditioning training for their paddlesport discipline(s);
- Identify the benefits of strength training for canoe and kayak;
- Describe the reasons behind planning for, and regularly monitoring, of fitness programmes for paddlers.